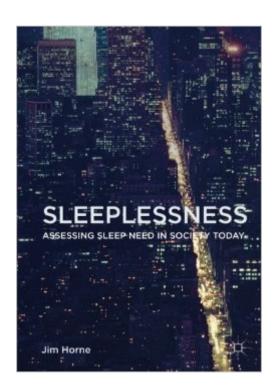
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# Sleeplessness: Assessing Sleep Need In Society Today





### Synopsis

This book critically evaluates the popular notion that todayâ ™s society is suffering from â ^sleep debtâ ™, or what Horne calls â 'societal insomniaâ ™ - an apparent chronic loss of sleep, which can lead to obesity and related physical and mental disorders including heart disease. It presents evidence which suggests that sleep debt has not in fact worsened to any marked extent over the last hundred or so years, by looking back at some historical writings on sleeplessness and integrating the findings with, evidence-based research that he has undertaken over the last decade. Written in a concise and understandable way, and interwoven with real-world insights, the book will be useful to academic and students of cognitive, critical and social psychology, neuroscience and sociology, as well as anyone who is interested in the social and psychological implications of sleep and sleeplessness.

#### **Book Information**

Paperback: 212 pages

Publisher: Palgrave Macmillan; 1st ed. 2016 edition (August 29, 2016)

Language: English

ISBN-10: 3319327917

ISBN-13: 978-3319327914

Product Dimensions: 5.8 x 0.5 x 8.3 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

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